

# Enjoy a variety of foods every day

*Vegetables,  
legumes*

*Fruit*

*Milk,  
yoghurt,  
cheese*

*Bread,  
cereals,  
rice, pasta,  
noodles*

*Lean meat, fish,  
poultry, eggs, nuts,  
legumes*

**Drink plenty of water**

**Choose these sometimes or in small amounts**

